

**Unit Title:** Personal Health  
**Unit Level:** Entry 1  
**Unit Credit Value:** 3  
**GLH:** 30  
**LASER Unit Code:** CAL093  
**Ofqual Unit Code:** A/600/6294

This unit has 4 learning outcomes.

LEARNING OUTCOMES		ASSESSMENT CRITERIA	
The learner will:		The learner can:	
1.	Understand what is meant by good health.	1.1	State a sign of good health.
		1.2	State a sign/symptom of poor health.
		1.3	State a sign/symptom of an illness.
2.	Know important aspects of keeping healthy.	2.1	State two things s/he can do to keep/improve own health.
3.	Know causes of illness.	3.1	State how s/he might get a stomach upset.
		3.2	Suggest a way of reducing the danger of becoming ill.
4.	Know what to do in the case of illness or injury.	4.1	State what s/he might do if they were injured or fell very ill.

**Assessment Guidance:**

As an E1 unit it is expected that the learner may require some support and prompting when doing the assessment but will be able to provide meaningful and appropriate responses to the tasks. The unit is only assessed at the application stage of the continuum.

**Additional Information:**

NA